

## PRESS RELEASE

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### **New partnership promotes golf as a game-changer for healthy ageing and early detection of brain diseases**

Scottish Brain Sciences (SBS) is proud to announce a new partnership with Golf in Society, a pioneering community interest company that uses the power of golf to improve the lives of older people. United by a shared mission to help people live well for longer, this collaboration will champion the benefits of staying active, connected, and informed – particularly when it comes to brain health.

Golf in Society run weekly golf sessions for people living with conditions such as Alzheimer's, dementia, Parkinson's, stroke, frailty, loneliness, and depression. The charity currently runs sessions at six golf clubs in Stirling, Glasgow, Newton Mearns, Gullane and Larbert and is actively expanding its network in Scotland.

Scottish Brain Sciences is a research company focused on advancing early detection, diagnosis, and treatment of neurodegenerative diseases such as Alzheimer's. Taking part in research is one of the most effective ways for individuals and families to access brain health assessments, contribute to cutting-edge studies, and join clinical trials of new medicines aimed at preventing or slowing the progression of disease.

Through this partnership, Scottish Brain Sciences and Golf in Society will work together to engage more people in conversations about brain health and Alzheimer's research, while promoting regular physical activity in supportive community settings. Golf's ability to bring people together in a sociable, enjoyable environment offers a powerful platform to encourage early detection and diagnosis of cognitive conditions.

Both organisations are committed to ensuring that people have access to the information and support that can make a meaningful difference in their lives – whether that's through understanding risk factors for dementia, taking part in research, or simply getting out on the course with friends.

"At Scottish Brain Sciences, we believe that the future of brain health lies in communities – places where people come together, stay active, and look out for each other," said Professor Craig Ritchie, CEO of Scottish Brain Sciences and one of the world's leading experts in the prevention of neurodegenerative disease. "Golf in Society has shown just how powerful these settings can be. By joining forces, we can support more people to stay healthier for longer and create new opportunities for earlier diagnosis, participation in research, and, above all, living well."

Dr Andrew Murray, Medical Adviser with The R&A, the leading body within the world of golf, said, "Regular physical activity through golf is one of the best things you can

do for your health. Importantly, it is good for the brain, protecting against dementia, anxiety and depression. This partnership between Golf in Society and Scottish Brain Sciences offers the perfect mix of improving people's lives and accessing research to better understand what more can be done."

"This is a really important partnership for us," shared Anthony Blackburn, Founder of Golf in Society. "Gathering more compelling evidence as to why golf is the perfect tonic for maintaining good brain health will be crucial in getting our golf programmes socially prescribed and adopted more widely.

"We also want to highlight the profound impact we have on the brain health of informal carers as a result of providing them with a priceless opportunity to take some respite from the full-time responsibility of caring for a loved one."

The partnership will kick off with joint events and outreach opportunities across Scotland and the rest of the UK, offering golfers and their families the chance to learn more about brain health, take part in innovative research programmes, and access trusted information and support.

To learn more about Golf in Society and access their support programmes go to [www.golfin society.com](http://www.golfin society.com).

To learn more about the work of Scottish Brain Sciences and register for their research programmes, go to [www.brainsciences.scot](http://www.brainsciences.scot)

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### **About Scottish Brain Sciences**

Scottish Brain Sciences has been created by a team of scientific experts with over 25 years' experience of delivering world-leading neuroscience research to speed progress in the search for better Alzheimer's diagnostics and treatments so that everyone can enjoy better brain health for life. It delivers clinical trials of new tests and medicines that aim to detect brain disease early and treat it before it progresses to dementia. SBS offers a full-service model for clinical research, with dedicated brain health research centres, an in-house laboratory and imaging services and is currently building one of the world's largest biobanks of genetic, blood and imaging data in neurodegenerative disease.

## **About Golf in Society**

Golf in Society specialise in the design and delivery of person-centred golf sessions for people living with chronic illness such as Alzheimer's, dementia, Parkinson's disease, stroke recovery, loneliness, depression, frailty and many more age-related illnesses. They currently run weekly sessions at over 30 golf clubs across the UK and deliver golf sessions to residents of care homes using its network of volunteers.